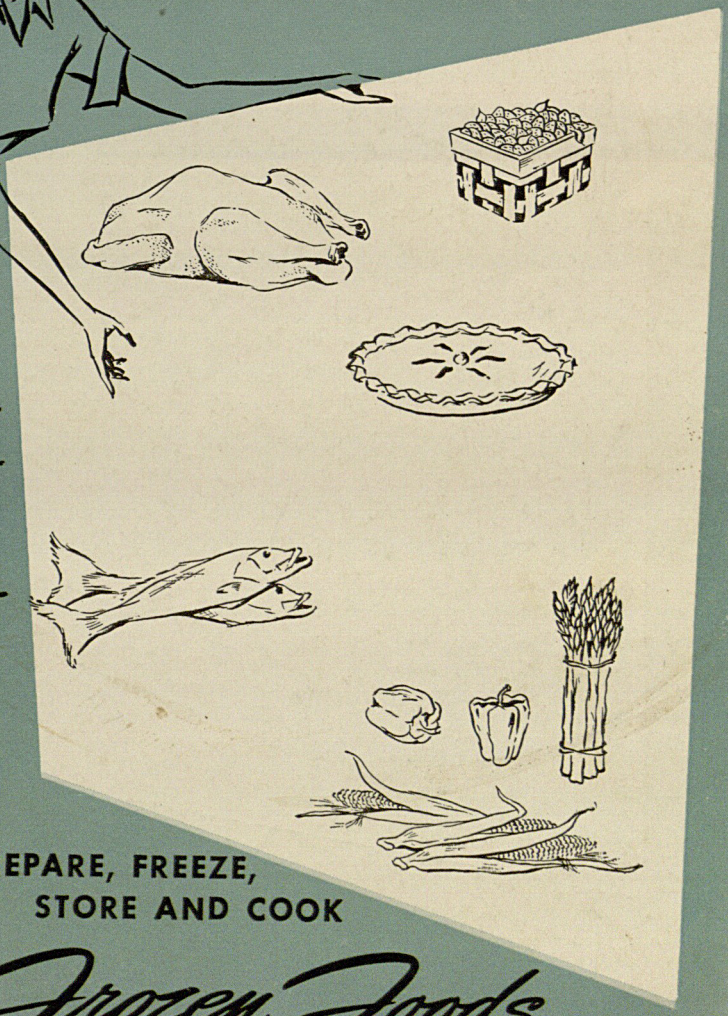
Your PHILCO FREEZER



HOW TO PREPARE, FREEZE, STORE AND COOK

Frozen Foods

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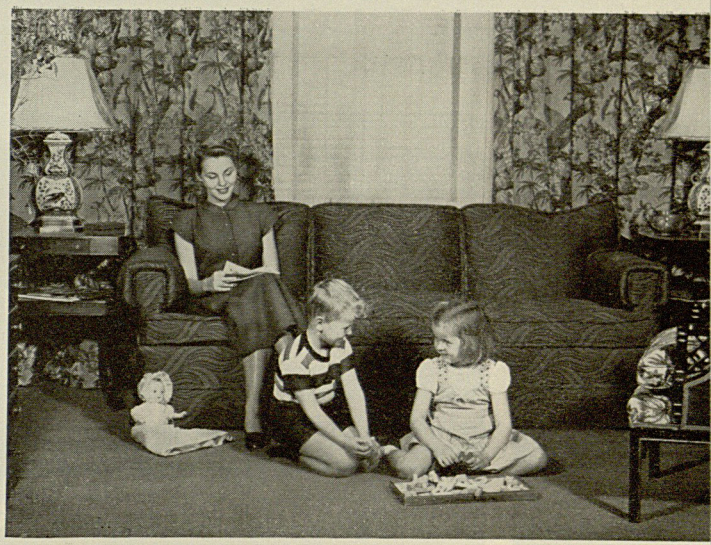
YOUR PHILCO FREEZER

You will welcome your new Philco Freezer as a time-saving, money-saving partner. It equips your home for modern living—gives you a spacious frozen-food pantry, where an ample supply and variety of vitamin-packed, clean, frozen foods for many meals may be safely stored at sub-zero temperatures. You enjoy new freedom from the tedious grind of frequent food shopping, meal planning, and preparation. You have more leisure time for the things you like to do!

The way in which you approach the use of your Philco Freezer may vary considerably with your mode of living, depending upon whether you live in the city, in the suburbs, or on a farm. But, regardless of where you live your Philco Freezer is sure to make your cooking and eating habits more enjoyable. It will save you hours of work in the kitchen . . . and you are always prepared for the unexpected guest. Your Philco Freezer can bring you and your family better meals and better health.



Now you can plan and prepare your meals and the children's lunches in advance, according to your taste or budget, and cut your shopping trips by one-half, or more. You can buy in quantity and save, get your favorite meats, poultry, and fish when they are available at the best price and selection, and store them away for future use in your Philco Freezer. You can enjoy a new sense of freedom from the many daily chores of meal preparation . . . . You can buy foods in June and use them in December.

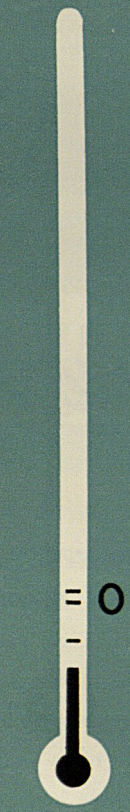
But the function of your Philco Freezer as a storage place for packaged frozen foods is only half the story. Equally important is its function as a freezer. To fully enjoy the new way of life it brings into your home, it will be worth your while to learn how to freeze your own vegetables, fruits, baked goods, game, fish, and cooked foods.

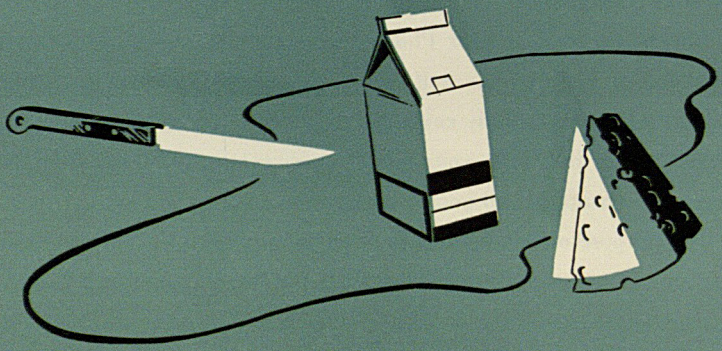
The purpose of this book is to acquaint you with the various means and simple processes of preparing foods for freezing. You will find that it takes much less work, is quicker than home canning or preserving, and produces a far superior product in taste, flavor and nutrition.

GENERAL HINTS

on the use of

your PHILCO FREEZER





GENERAL HINTS

The instructions for food freezing and sub-zero storage of frozen foods which appear in this book have been compiled from the most authoritative sources. Follow these instructions carefully and you will find your Philco Freezer a constant source of better eating and better living.

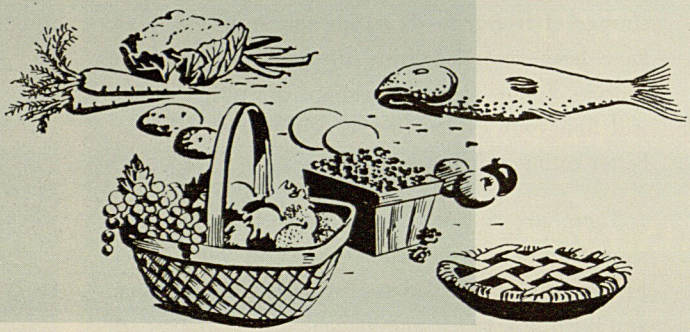
There are a few simple, basic principles you should know as you begin the use of your Philco Freezer, to understand its purpose and functions, and learn how to use and manage it to your best advantage.

Your Philco Freezer has an entirely different purpose than your refrigerator. A refrigerator is primarily intended to preserve foods for a short time only. When foods are properly selected and *frozen* they will keep for long periods of time stored in your Philco Freezer.

The other and more important function of your Philco Freezer is the *sharp freezing* of foods in your own home at *below* zero temperatures, to as low as 15 degrees below zero.

WHAT KIND OF FOODS YOU CAN FREEZE

Practically every type of fresh food can be preserved by freezing . . . meats, poultry, fish, seafood, game, vegetables, fruits and dairy products; also baked goods like bread, rolls, pies, cookies and cakes; cooked foods such as beef stew, chicken pie and baked beans. About the only exceptions are vegetables which are normally eaten raw such as lettuce, celery, raw tomatoes and cabbage, cucumbers, onions and radishes.



HOW TO "SHARP FREEZE" FOOD

The first thing to do when preparing foods for freezing is to set the temperature control of your Philco Freezer for freezing according to the directions included with your particular model of Philco Freezer. *Do not attempt to freeze too much food at one time.* The standard amount is 3 to 4 pounds of food per cubic foot; which means that not more than 24 to 32 pounds of food should be frozen at one time in an 8 cubic foot freezer.

After foods have been prepared, cooled and packaged according to instructions, they should be placed in contact with a refrigerated surface within your freezer, to obtain a maximum freezing rate. For faster freezing, scatter the packages instead of stacking them.

The length of time for foods to become solidly frozen varies from 2 to 24 hours, depending upon the kind of food and the number and size of the packages placed in the freezer at one time. Baked foods, fruits and vegetables freeze more rapidly than meat.

After food is frozen, reset freezer temperature for storage according to directions received with your Philco Freezer.

HOW LONG FROZEN FOODS CAN BE STORED

You should think of your Philco Freezer not as a place to store foods, but as a source of your ***daily food supply***. Keep it stocked and use it regularly, every day if you can. That's the way your Philco Freezer will serve you best.

In general, fruits and vegetables when stored at zero degrees Fahrenheit or below will keep in good condition for one year, or from one season's crop until the next.

The following chart is a guide to the approximate length of time which frozen foods of good quality can be stored at zero degrees Fahrenheit or below:

Fruits	12 mo.	Cheese	3 to 4 mo.
Vegetables	12 mo.	Cream	4 to 6 mo.
Beef	10 to 12 mo.	Eggs	6 to 8 mo.
Veal	10 to 12 mo.	Bread, Baked	12 mo.
Lamb	10 to 12 mo.	Bread, Unbaked	½ to 2 mo.
Pork	3 to 6 mo.	Cakes, Baked	4 to 8 mo.
Poultry	6 to 8 mo.	Cakes, Unbaked	2 to 3 mo.
Fatty Fish	3 mo.	Pies	2 to 6 mo.
Lean Fish	6 mo.	Cookies, Baked	12 mo.
Sea Food	4 to 6 mo.	Cookies, Unbaked	6 to 9 mo.
Ground Beef	8 mo.	Sandwiches	½ to 3 mo.
Sausage	1 to 3 mo.	Cooked Meats	3 to 8 mo.

APPROXIMATE SPACE NEEDED FOR VARIOUS FOODS

One cubic foot of space will hold:

About 40 pounds of fruit in syrup *or*

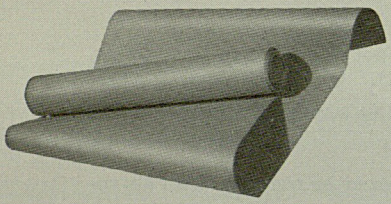
About 25-30 pounds of vegetables *or*

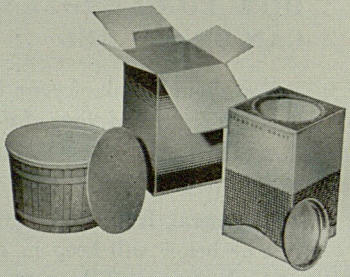
About 35-40 pounds of meat (not including whole poultry)

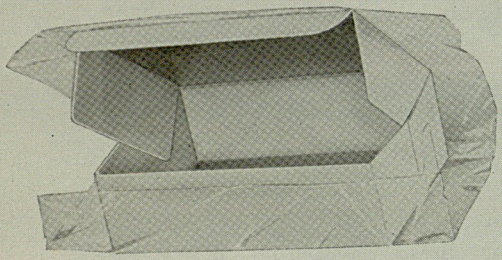
About 40 pint cartons (standard)

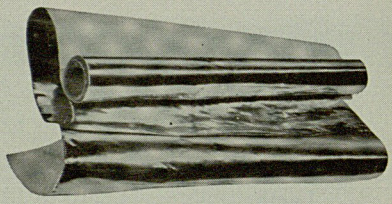
A pint carton holds 3-4 servings.

Use this guide in planning for fruits and vegetables to be frozen so you do not overstock with early fruits and vegetables and have no room for those maturing later.









PACKAGING MATERIALS

Proper packaging, wrapping and sealing of all foods that go into your Philco Freezer are of the utmost importance. Great care must be taken to avoid the escape of moisture and vapors in order to prevent drying out, loss of flavor, toughening, rancidity and absorption of foreign odors.

Special materials are available for packaging foods to be frozen. They are "moisture-vapor-proof" and for some foods, leak-proof. This is not to be confused with "waterproof". The commonly known waxed and oiled papers, while waterproof, are entirely unsatisfactory for wrapping food for freezing.

Important: follow the wrapping and sealing instructions very carefully.

Packaging materials of different types are available at your Philco dealer or department stores. In purchasing them, it is well to keep in mind convenience and economy of space. Square or rectangular cartons, for instance, stack easily and use a minimum of freezer space. Think also of the sizes which are best suited to your family needs.

TYPES OF PACKAGING MATERIALS

Use only good packaging materials labeled FOR FROZEN FOOD. Do not use butcher paper or ordinary ice cream cartons.

A. For foods to be packaged by wrapping (meat, poultry, fish, baked products):
   1. Moisture-vapor-proof cellophane.
   2. Pliofilm.
   3. Aluminum foil labeled "for Frozen Foods".
   4. Moisture-vapor-proof coated paper
   5. Moisture-vapor-proof laminated paper.

B. For liquid foods—cooked or uncooked:
   1. Heavily waxed cartons, round or square, with lid.
   2. Plastic containers.
   3. Aluminum foil or light weight aluminum containers.
   4. Glass freezer jars.
   5. Vacuum cans such as coffee cans sealed with tape.
   6. Tin vegetable shortening cans—sealed with tape.

C. For loose products (no liquid) such as vegetables and baked products:
   1. Double-wall bag with pliofilm, cellophane or polyethylene liners.
   2. Waxed folding cartons with loose inside bags to be heat-sealed.

D. There is also a wide variety of plastic bags on the market, ranging in size from small ones to fit into pint or quart cartons, to large ones to cover roasts or turkeys. They are easy to close and can be washed and reused.

Other packaging supplies:

Stockinet is used to overwrap roasts, poultry and baked products to protect the wrapping from tearing and to hold it closely to the food so that all possible air will be forced out. Tie the ends in a knot.

Freezer tape (moisture-proof) may be used to seal many types of packages and may be used as a label. Freezer tape is also available in colors.

A wax crayon or china marking pencil should be used for *LABELING* the contents and date of each package before putting it into your Philco Freezer.

For heat-sealing, use a warm electric iron, curling iron or one of the various types of heat sealers available.

A FEW SIMPLE RULES FOR SUCCESS

1. Top quality pays. In purchasing or selecting foods and meats for frozen storage, remember the foods you take out of your Philco Freezer can be no better than those you put into it.

2. In freezing fruits and vegetables, be sure to choose those varieties which are best adapted to freezing.

3. Select foods at their best maturity and condition. Meats should be top grade, from healthy animals, properly aged; poultry and fish should be fresh and in prime condition; fruits and vegetables should be young, tender, sound and never overripe.

4. "Two hours from field to freezer." Fruits and vegetables should be processed speedily and placed in your Philco Freezer as quickly as possible after gathering.

5. Follow freezing directions carefully. The instructions for processing and freezing foods are the result of authoritative research and experience. They are easy to follow and will give good results if carefully followed.

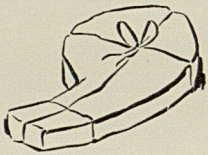
6. Wrap and seal all packages. All foods that go into your Philco Freezer must be properly protected against air and the escape of moisture. Be sure to use recommended frozen food wrappings and cartons, and don't fail to wrap and seal them properly.

7. Label all packages with contents, date and use.

8. Freeze foods rapidly. After wrapping, place food quickly in your Philco Freezer, with the temperature control set for freezing according to the directions included with your particular model. Arrange packages so that they touch the walls of the compartment.

9. Have a plan for your freezer. To use your Philco Freezer to the best advantage, make a plan for storing and freezing, keep a running inventory of your foods, and use something from it every day.

PACKAGES SHOULD BE SOLIDLY FROZEN



When buying frozen foods, be sure the packages are solidly frozen, and transfer them from the store to your Philco Freezer as quickly as possible, in order to preserve their quality. Try to do it within a half hour if you can. If the packages should become slightly soft between the store and your home, put them in your freezer at the sharp freeze temperature for several hours. If for any reason, they should become completely thawed, use them up at once—never refreeze them.

How to FREEZE and STORE Vegetables in your PHILCO FREEZER

SPEED IS IMPORTANT

Vegetables for freezing should be young and tender, at their height of maturity, not overripe or starchy. In order to preserve the taste, texture and color, they should be processed quickly after picking . . . "two hours from field to freezer" is a good rule. Vegetables which have been allowed to stand around after harvesting should not be used. If a few hours delay is necessary, they should be packed in crushed ice or kept in a cold refrigerator. This is vitally important to retain color, flavor and vitamin content.

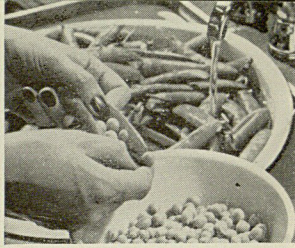
SELECTION

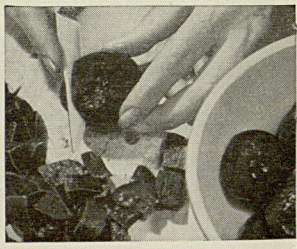
Select those varieties of vegetables which are recommended for freezing. A list of these varieties may be secured from your County or State Agricultural Extension Service.

Vegetables which are generally eaten raw, such as lettuce, celery, onions, should not be frozen.

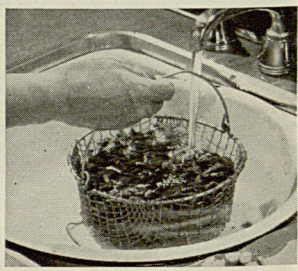
PREPARATION

To prepare vegetables for freezing, they must first be scalded and chilled in order to stop the action of enzymes which attack the flavor and vitamins. This also improves the color and texture of the frozen product.





1. WASH, CLEAN, AND SORT

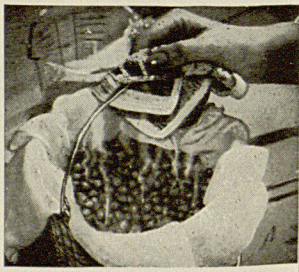


Wash vegetables thoroughly in very cold running water, or iced water.

Discard all blemished or tough portions. Sort vegetables into uniform sizes which will permit more uniform scalding and chilling.

2. SCALD—(Blanch)

Vegetables may be scalded either in *boiling water* or in steam. The boiling water method is recommended for home use. (To blanch in steam, increase time over boiling water method by one-half. If boiling water time is 2 minutes, steam-blanch 3 minutes.)



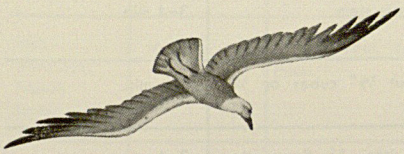
Boiling water method—Use a large kettle with 4 quarts of boiling water. Scald about 1 pound of vegetable at a time, using a wire basket or cheese-cloth bag to hold the vegetable. *Start counting the*

scalding time as soon as the vegetable is lowered into the boiling water. Keep the lid on the kettle the entire scalding time. Keep the heat on High. Return water to rapid boiling each time before vegetable is added. The proper scalding times for various vegetables are given in the table that follows.

3. CHILL

Immediately after scalding, place scalded vegetable in cold running water or iced water for at least as long as the scalding time, to stop cooking and thoroughly cool the vegetable. Drain well, package and freeze immediately.

NOTE



For high altitudes additional scalding time is required. At 2,000-4,000 ft., add ½ minute; 4,000-6,000 ft., add one minute; over 6,000 ft., add 2½ minutes.

Special treatment for green non-leafy vegetables:

Freezing green non-leafy vegetables in a 2% brine (2 teaspoons salt to 1 quart water) inhibits toughening of the vegetable.

These vegetables may be packed in the brine solution: asparagus, lima beans, snap beans and field peas.

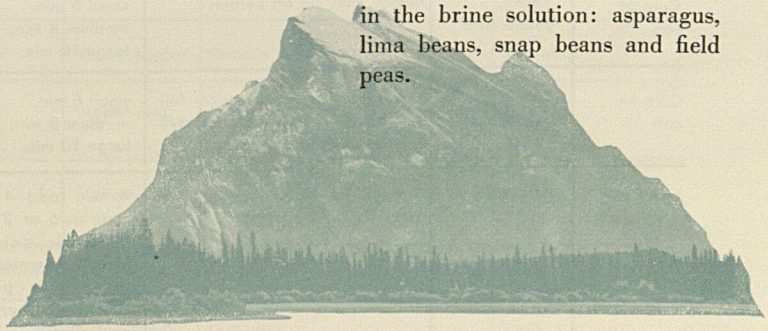


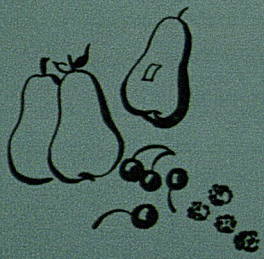
TABLE OF INSTRUCTIONS

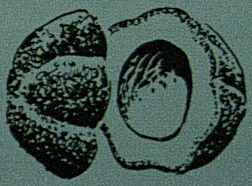
VEGETABLE	DESIRED MATURITY	PREPARATION	SCALDING TIME BOILING WATER
Asparagus	Tender tips	Cut in 5-6 inch lengths	3–4 min.
Beans, green shell	Before pods dry	Shell, sort for size	1 min.
Beans, lima	Green limas best	Shell, sort for size	1–2 min.
Beans, snap	Young, tender	Snip off ends, cut in ¾" to 1" lengths	2–2½ min.
Beans, soy	Green beans	Scald, in pods, cook, shell	4 min.
Beets	Small, young, tender	Cook until tender leaving 1" of stem. Chill, skin, dice, package	
Beet greens	Young, tender	Cut or break if too long	2 min.
Broccoli	Small or medium	Separate heads, soak ½ hr in brine of ¾ cup salt, 1 gal water	4 min.
Brussels Sprouts	Dark green heads	Cut from main stem	3–4 min.
Carrots	Small, young, whole	Scrape, cut ½" cubes or ¼" slices	4½ min.
Cauliflower	Solid heads	Separate into 1" flowerettes. Soak in 2% brine 2 hrs. to improve color	3–4 min.
Collards	Small leaves	Discard main stem	2 min.
Corn-off cob	Young, yellow best	Blanch, chill, cut off kernels	small 6 min. medium 8 min. large 10 min.
Corn-on cob	Young, yellow best	Wrap individually in freezer foil then blanch & chill or blanch, chill & wrap in cellophane, seal	small 6 min. medium 8 min. large 10 min.
Egg Plant	Firm, mature	Peel, cut ⅓" slices	4 min. (add 4 tsps. citric acid or 2 tsps. ascorbic acid to blanching water). Place two pieces cellophane between each slice

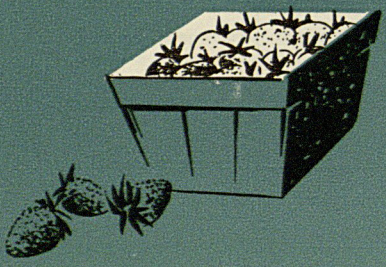
FOR ALL VEGETABLES

VEGETABLE	DESIRED MATURITY	PREPARATION	SCALDING TIME BOILING WATER
Kohlrabi	Young, tender	Remove tops, peel, cut in ½" cubes	1 min.
Mushrooms	Small, firm	Wash, slice if large, saute small amount at time 2–3 min. in butter, cool, package	
Okra	Tender pods	Remove stem end	2–3 min.
Peas	Sweet, tender	Shell & remove overripe peas	1 min.
Pepper, green or red	Firm, tender	Remove stem end & seeds, cut in half, slice or dice Pack enough in each bag for use at one time.	Sliced, 2 min. Cut in half, 3 min.
Potatoes, sweet	Firm	Cook, remove skin, leave whole or cut in ½" slices, cool at room temperature, brush with lemon juice, roll in sugar, package.	
Irish potatoes, French frying	Mature	Wash, peel, cut in sticks ⅓" thick.	2 min.
Pumpkin		Cut in small pieces, cook until tender, scoop out pulp & mash. Cool. Add all ingredients for pie filling if desired.	
Rhubarb	Early spring	Remove leaves, cut in inch lengths	Package dry or make sauce, cool & package
Spinach	Young, tender	Remove thick stems	2½ min.
Squash, summer	Tender rind	Cut in ½" slices, cook or scald —cool.	3½ min.
Squash, winter	Mature, hard rind	Peel, cut in pieces, cook & mash or bake at 350° until soft, mash	
Swiss chard	Small leaves	Discard large stems	2 min.
Turnips	Young, tender	Peel, dice	1 min.

How to FREEZE and STORE Fruits and Berries in your PHILCO FREEZER







FREEZE AND STORE

Freezing fruits and berries brings a new taste thrill into your life! For no other means of home canning or preserving retains the vitamins and captures that tree or garden fresh flavor so well. And surely, no other home method has ever been so easy and uniformly successful. Just because there's so little work to do and because they taste so good, you'll want a greater variety of fruits and berries in your Philco Freezer than you ever thought of putting up before.

FRUITS AND BERRIES YOU CAN FREEZE

Almost all fruits and berries are well adapted to freezing.

Some varieties retain their flavor, color and texture in freezing better than others. So, for top quality, give a thought to the variety of peaches, strawberries, etc., you buy or grow for freezing.

If you wish more detailed information for your own locality, write your County Agricultural Extension Service for bulletins.

PICK THEM RIPE; FREEZE THEM FAST

Fruits and berries for freezing should be sound and fully ripe, riper than for canning but not soft or mushy.

Fruits and berries lose flavor, texture and vitamin content if allowed to stand at room temperature. If you must delay, keep them in the refrigerator. But don't wait too long.

PREPARATION

With very few exceptions, fruits and berries are prepared for freezing by packing with a syrup or mixing with dry sugar. This is done to draw out enough juice to form a protective covering which checks discoloration and loss of flavor in freezing.

Larger fruits are sliced before packing; some berries are left whole, others are sliced or slightly crushed; some other fruits are puréed or made into juice. Specific instructions for each fruit are given on later pages.

As a rule, syrup is used with sliced fruit and whole berries and sugar with sliced or crushed berries. In general the procedure is as follows:

1. Make syrup—

SYRUP	SUGAR	WATER
30% (light)	2 cups	4 cups
40% (medium)	3 cups	4 cups
50% (heavy)	4 cups	4 cups

Combine cold water and sugar, stir until dissolved. Do not cook or heat.

2. Blended syrup—

SYRUP	SUGAR	WATER	CORN SYRUP
Medium	2 cups	5 cups	2 cups
Heavy	3 cups	4 cups	2 cups

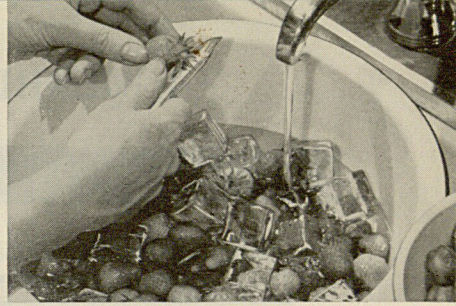
Combine cold water and sugar, stir until dissolved, add corn syrup, stir. Do not cook or heat.

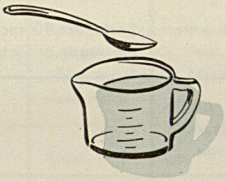
3. Wash, clean, sort

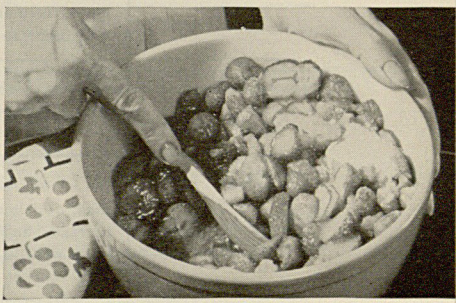
Handle fruit and berries very gently to avoid bruising. Prepare small quantities at a time, especially with fruits which discolor rapidly like peaches and apricots. Wash berries in water to which ice cubes have been added; this chills the berries and prevents loss of juice.

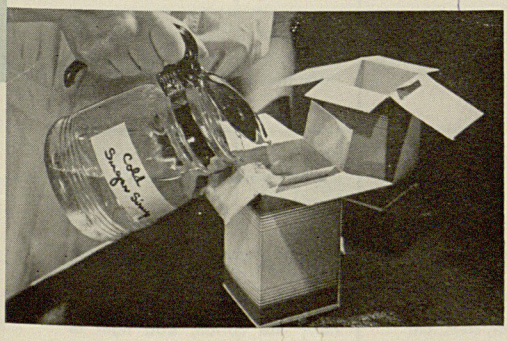
4. Add syrup or sugar

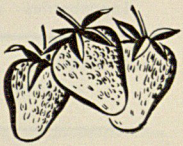
Fruits which require slicing should be sliced directly into containers and covered with about ½ cup of syrup per pint carton. Berries which are to be slightly crushed or sliced should be prepared, sugar added according to instructions and gently stirred until juice is drawn from the











berries. Then pour into container. Be sure to allow a space of ½ to ¾ of an inch at the top, for expansion in freezing. A piece of waxed paper or cellophane, slightly crushed and placed on top of the fruit, will keep it from rising above the syrup and prevent top slices from discoloring when thawed.

For peaches, pears and apricots, it is desirable to add ascorbic acid powder (Vitamin C) at the rate of ¼ teaspoon to 2 cups of the syrup in order to prevent discoloration. Most people prefer to use a specially prepared combination of ascorbic and citric acid which is available where freezing supplies are handled.

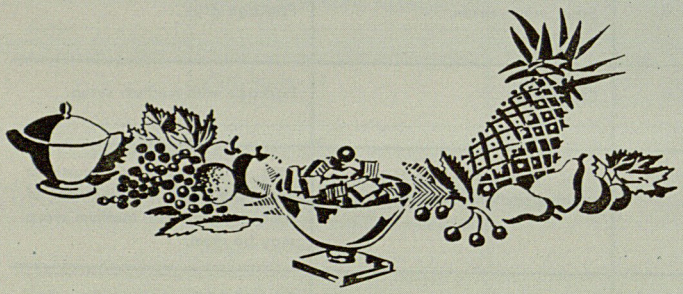
TABLE OF INSTRUCTIONS

FRUIT	PREPARATION	METHOD OF PACKAGING
Apples for pie	Peel, core, slice, into salt water to keep apples white.	Scald for 90 sec., chill, package. No sugar or syrup needed.
Apples for sauce	Peel, core, slice, make apple sauce, force through strainer, cool. Add sugar to taste, package.	
Apricots	Scald for 1 min. Chill in ice water. Peel, halve, pit.	Pack in cartons with medium syrup which has ascorbic citric acid mixture added.
Avocado pears	Cut in two, remove pit, scoop out shell, add lemon juice and sugar to taste. Refill shell. Or mix ⅔ pulp with ⅓ salad dressing & small amount of salt.	Package.
Boysenberries, Blackberries, Dewberries, Loganberries	Wash in ice water, drain.	Pack with medium syrup or crush berries, add 1 part sugar to five parts berries, stir, pack.
Blueberries	Wash in ice water, drain.	Package dry or with medium syrup, or 1 part sugar, 5 parts berries.
Cherries, sour	Wash in ice water, stem, pit.	1 pound sugar to 3 to 5 pounds fruit.
Cherries, sweet	Wash in ice water, stem, pit.	Pack into carton, add light or medium syrup.
Cherries, bing	Wash in ice water, drain, do not stem.	Package dry.
Cantaloupe	Cut in half, remove seeds, scoop out balls or cube.	Package dry or cover with fresh orange juice Serve while still icy.
Cranberries	Wash in ice water, drain.	Package dry.
Currants	Wash in ice water, drain.	Add 1 pound sugar to 4 pounds currants, stir, package or package dry.
Gooseberries	Wash in ice water, drain.	Package dry or add 1 pound sugar to 3 pounds berries, stir, package.

FOR ALL FRUITS AND BERRIES

FRUIT	PREPARATION	METHOD OF PACKAGING
Grapefruit	To loosen peels, immerse in boiling water 3 min. Peel, remove all white membrane, remove sections, save juice.	Add small amount of sugar according to sweetness of fruit, stir, package. Freeze in glass jars or paper containers.
Grapes, small, seedless	Stem, wash, drain.	Package dry.
Grapes, other varieties	Stem, wash.	Package with medium syrup.
Orange sections	Peel, remove all white membrane, remove sections, save juice.	Add small amount of sugar to juice, according to sweetness of fruit, stir, package. Medium syrup may be used.
Peaches	Prepare 8 to 10 at a time, scald one minute. Chill in ice water. Rub off skins.	Slice directly into cartons into medium syrup to which has been added ¼ teaspoon ascorbic acid to 2 cups syrup.
Pears	Peel, core and quarter. Pears do not preserve flavor too well in freezing.	Scald ½ min., chill, pack and cover with medium syrup.
Pineapple	Peel, core, can be diced, sliced, grated or cut in wedges.	Separate slices with 2 layers cellophane. Package dry. Cover diced or grated with medium syrup.
Plums & Prunes	Wash, cut in half, remove pit.	Pack in containers, cover with medium syrup.
Rhubarb	Remove leaves, wash, cut into 1 inch pieces.	Package dry or make sauce, cool, package.
Raspberries, black, purple, red	Clean, wash in ice water, drain.	If left whole, pack and add medium syrup. If crushed, add 1 lb. sugar to 5 lbs. berries, stir and package, or package dry.
Strawberries	Select deep red berries, wash in ice water, hull.	Sliced—add 1 part sugar to 5 parts berries. Whole—pack and add medium syrup.

MIXED FRUITS



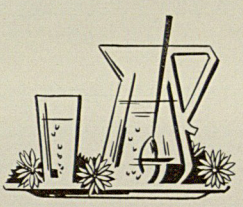
For variety, different fruits in season may be packed and frozen together. Use directions for preparation of individual fruits and combine them in a single package for freezing.

Freeze grapefruit and orange sections together, when they are low in price.

For frozen salad, such fruits as pineapple, peaches, apricots, orange and grapefruit sections make a delicious combination. Fresh or maraschino cherries can be added to enhance the flavor and color.

Fresh pineapple and strawberries frozen together make a delicious sauce.

JUICES



The juices of certain fruits and some vegetables freeze well and are well worth while putting into your Philco Freezer when they are in season.

FRUIT JUICES

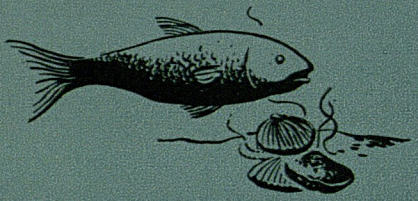
The juices of apple, cherry, pineapple, etc., are well adapted to freezing. Wash fruit thoroughly, prepare the same as for making juice for jelly. Crush fruit slightly or add ½ cup of water per pound of firm fruit and simmer just below the boiling point (170°-180°F.) until juice separates from pulp. Strain through a cheesecloth bag, add about 1 cup of sugar per gallon of juice. Cool and pour into liquid-tight containers and freeze.

TOMATO JUICE

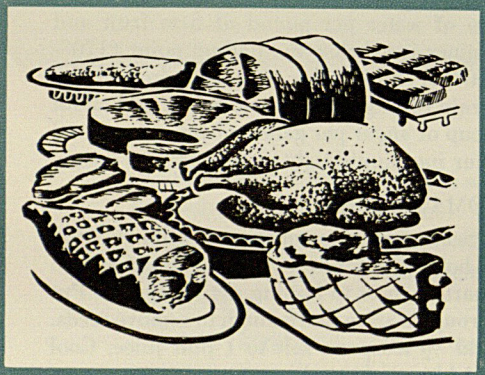
Select firm ripe tomatoes. Wash well, drop in boiling water and remove skins. Cut into quarters, heat to boiling until softened. Put through a sieve fine enough to remove seeds. Add ½ teaspoon salt to 1 pint juice. Cool quickly, package in watertight containers.

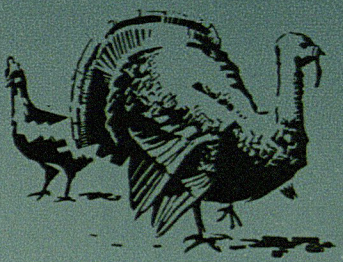
TOMATO PURÉE

Prepare the same as for canning. Simmer the onion, celery, sweet peppers and tomatoes until soft. Press through a sieve, package in watertight containers.



How to FREEZE and STORE Meat Poultry and Fish in your PHILCO FREEZER





MEAT, POULTRY AND FISH

Meat, poultry and fish lend themselves particularly well to freezing and storing in your Philco Freezer. They retain practically the same food value they had before freezing.

SELECTING MEAT FOR FREEZING

The slaughtering and cutting of meat for freezing should be done by a skilled meat cutter. Use only top quality meat. Meat should be cut in family size pieces, boned to save space, and extra fat removed as it has a tendency to become rancid.

For these reasons, many people prefer to have their meat cut, wrapped and frozen at a locker plant. The service charge is small and it eliminates much work in the home.

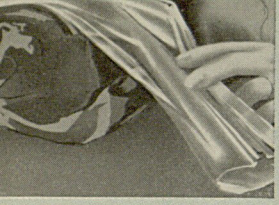
PREPARATION: BEEF, LAMB, VEAL, PORK

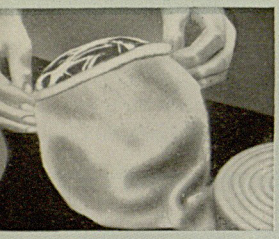
Ground Meat should not be stored for more than 8 months at a temperature not exceeding zero degrees, as it has a tendency to dry out. Too much fat will cause it to become rancid.

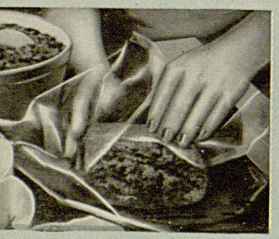
Sausage may be seasoned except for the salt, which should be added after defrosting. Salt causes a flat, rancid flavor.

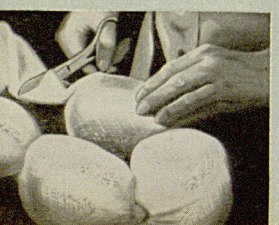
Game Meat—(Consult local game storage laws)

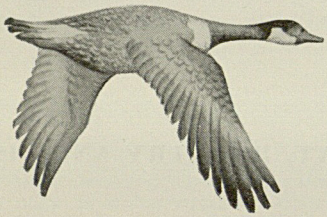
Deer, moose, elk, buffalo and bear are prepared and packaged for freezing in the same manner as beef.











PACKAGING

ROASTS AND LARGE CUTS—Wrap closely in any recommended packaging material, using manufacturer's directions for sealing or closing.

STEAKS AND CHOPS—Package number needed for one meal, separate each steak or chop with two sheets of cellophane for easy separation when thawed. Use only recommended packaging material.

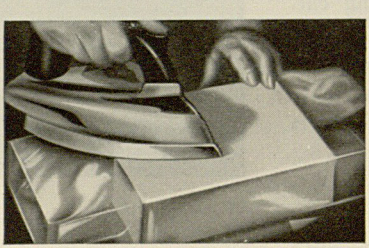
GROUND MEAT — 1. Wrap enough ground meat for one meal in aluminum foil, pliofilm or cellophane. Insert package far enough into stockinet to allow for number of balls you make. Tie a knot snugly against package. Repeat procedure for each ball or link. Cut off one link as needed.

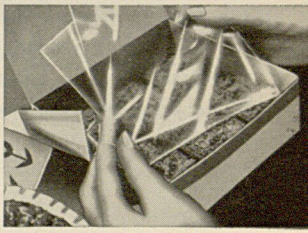
2. Fill a carton, packing meat firmly. This can be sliced for frying or broiling.

3. Make into patties, pack into carton or freezer jars. Separate each patty with two layers of cellophane for easy separation.

POULTRY

Poultry of all kinds, chickens, ducks, geese and turkeys, are particularly satisfactory for freezing if they are high quality birds. When the season for broilers, fryers and roasters comes around, put several away in your Philco Freezer; then you can enjoy your favorite poultry dishes all year 'round. Frozen poultry can be cooked with a minimum of effort because most of the preparation work has been done when you prepare it for freezing.





PREPARATION

Poultry is prepared for freezing exactly as if it were to be roasted, broiled or fried. Excess fat should be removed as it has a tendency to become rancid. Do not stuff poultry until ready to roast. Left over fowl should be cut from bone and packaged.

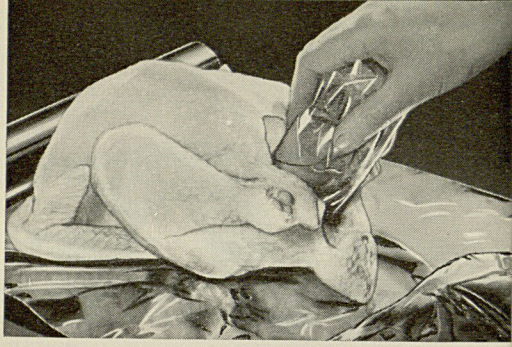
WILD FOWL. (Consult local game storage laws.) Pheasant, grouse, quail, wild geese and ducks are prepared for freezing the same as domestic poultry.

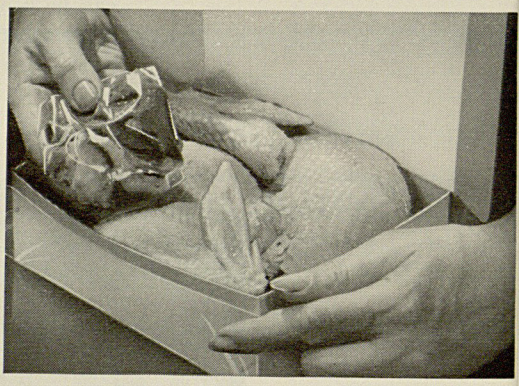
RABBITS—Should be cut up and packaged for freezing the same as fryers or fricassee chicken.

PACKAGING WHOLE POULTRY

Always wrap giblets separately, place in cavity or under wing of fowl. Then wrap tightly in recommended packaging material, forcing out all possible air. Cover wrapped bird with stockinet to hold wrapping snugly and protect against tearing. Tie knots tightly against bird.

PARTED POULTRY: Halve or disjoint pieces ready for broiling, frying or fricassee. Wrap giblets. Pack tightly in top-opening carton, leaving minimum of air space, or use recommended packaging material. Place a sheet of cellophane on either side of each piece, for easy separation.





FISH AND SEAFOOD

Your Philco Freezer permits you to extend the enjoyment of your favorite fish to all seasons of the year. And, in addition, it is the answer to a fisherman's prayer. Now, instead of getting rid of most of your catch, you can freeze the surplus and enjoy it all year long.

The first essential in handling fish to be frozen is to keep it cool. As soon as possible after it is bought or caught it should be put in the refrigerator or iced until you are ready to prepare it for freezing. Then freeze it as promptly as you can.

PREPARATION

Fish of all kinds should be prepared for freezing just as you do for cooking. Package and freeze, or freeze quickly on sheet of freezer foil or cellophane, then package. Fish may also be frozen and then glazed by dipping in ice water. This may be repeated several times. Then package and store.

Oysters, Clams, Scallops—Chill thoroughly and freeze same day as removed from water or beds, or hold continuously under refrigeration until frozen.

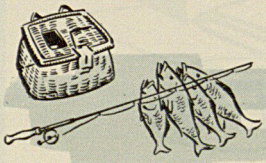
Remove shells, strain and save liquor. Do not wash clams or oysters. Pack in own liquor.

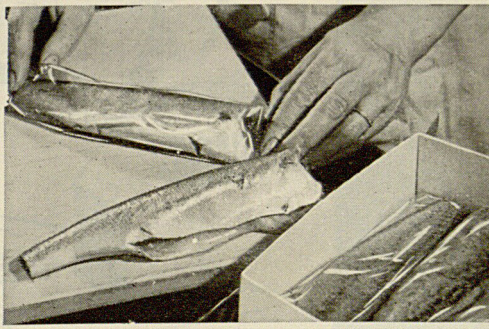
Scallops may be rinsed in fresh water. Drain and package.

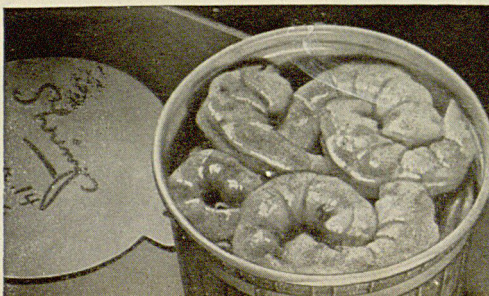
Shrimp—Chill thoroughly, freeze same day caught if possible. Remove and discard heads. Freeze without cooking since cooked shrimp toughens during storage.

Lobsters and Crabs—Chill thoroughly, freeze same day caught if possible. Cook as for table 15 to 20 minutes but omit salt, cool rapidly. Pick meat from shells, pack closely.

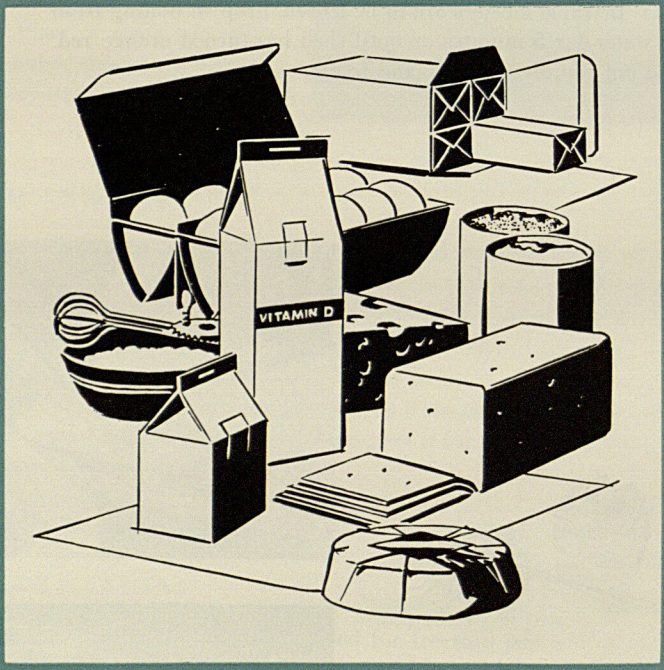
If whole lobsters are to be frozen, drop in boiling fresh water for 5 minutes or until shell has turned orange red. Cool rapidly, package and freeze.







How to FREEZE and STORE Eggs and Dairy Products in your PHILCO FREEZER



EGGS AND DAIRY PRODUCTS

IN THE FREEZING OF DAIRY PRODUCTS, your Philco Freezer becomes the means of new economy in food buying. Eggs, butter, cheese, heavy cream, ice cream and homogenized vitamin D milk in *paper cartons* are well suited to freezing and sub-zero storage. You can buy and freeze them when they are plentiful and low priced and use them later when scarcity makes the price go up.

FREEZING EGGS

The purpose of freezing eggs is to have a supply on hand for baking and cooking. Eggs cannot be frozen in the shell as expansion would break them. Only high quality, strictly fresh eggs in good condition should be used. Cracked eggs should not be used as bacteria may have entered the cracks.

If eggs are to be used for cakes or other sweet baking, add sugar or white corn syrup at the rate of 1 tablespoon for each two cups of eggs. If they are to be used for omelettes, soufflés, etc., add salt at the rate of 1 teaspoon for each two cups of eggs. With a fork, stir gently until yolks, whites and added ingredients are thoroughly mixed. Do not beat, as this adds air which reduces the keeping quality.

Be sure to label each package, describing contents, number of eggs and intended use.

EGG YOLKS: Separate yolks into bowl, proceed exactly as for whole eggs, using same quantities of sugar, white corn syrup or salt. Package as above in quantities to suit your intended use. Label carefully. One tablespoon of prepared mixture when thawed equals 1 egg yolk in cooking.

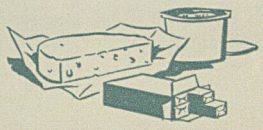
EGG WHITES: Need no special treatment. Separate whites from yolks and package in amounts needed for intended use. When thawed, 2 tablespoons is equal to 1 egg white for cooking. Be sure to label carefully.

POACHED EGGS: Line muffin tins with paper muffin cups. Break eggs into cups. Sprinkle yolk with salt and feeze. Remove and place in pliofilm bags or wrap in moisture-vapor-proof wrapping.

BUTTER

Butter of good quality made at home from pasteurized cream will keep well in your Philco Freezer. Wrap in moisture-vapor-proof paper in 1 or 2 pound quantities. Butter purchased at the store may be kept in its original carton, or wrapped in freezer paper.

CHEESE

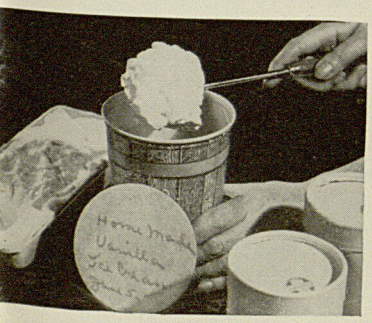


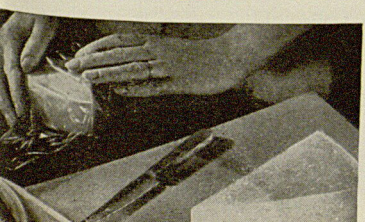
Cheddar and cottage cheese are adapted to freezing, but they must be frozen rapidly to preserve body, texture and color. Wrap ½ pound portions tightly in moisture-vapor-proof paper and freeze. Store not more than 4 months.

CREAM AND ICE CREAM

Rich, heavy cream containing 40% to 60% butterfat and properly pasteurized may be frozen and stored. Package in leak-proof, waxed container. (Frozen cream may be partially thawed and used for whipping.)

Home made or commercial ice cream, properly packaged in freezing containers, may be stored for 1 to 2 months before it loses quality.

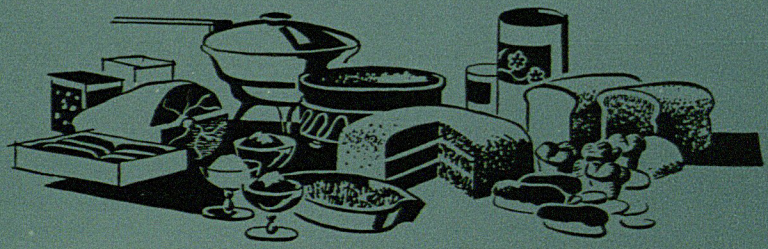




HOMOGENIZED VITAMIN D MILK

Freeze only in original, unopened paper containers. *Do not freeze in glass containers.* Will keep 2 to 6 months without change of flavor when stored at 10° below zero.

How to FREEZE and STORE Baked Goods, Cooked Foods, and Leftovers in your PHILCO FREEZER

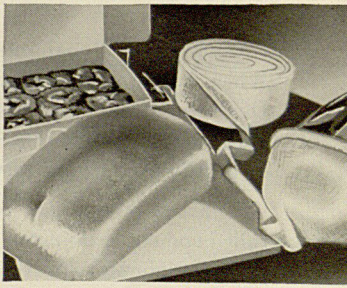


BAKED GOODS

COOKED FOODS

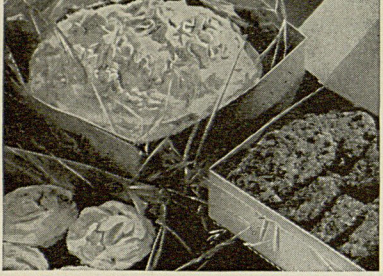
LEFTOVERS

A great number of baked and cooked foods are extremely well adapted to freezing and sub-zero storage. Think of having some of your favorite meat dishes, pies, cakes, hors d'oeuvres and desserts stored away in your freezer, ready to heat and serve oven-fresh for any emergency, saving you hours of time and work in the kitchen, giving you new leisure. No special recipes are needed; you just cook and bake in the regular way; only you prepare "double batches" and store away the surplus. If you buy your baked foods, buy in quantity, wrap and store in your Philco Freezer.



BREAD AND ROLLS

Frozen bread and rolls are every bit as good when thawed as they are when freshly baked. Wrap, after baking, in any moisture-vapor-proof wrapping, cover with stockinet or place in a carton, freeze and store. When serving, allow bread to thaw until it reaches room temperature; rolls need only to be reheated.



CAKES AND COOKIES

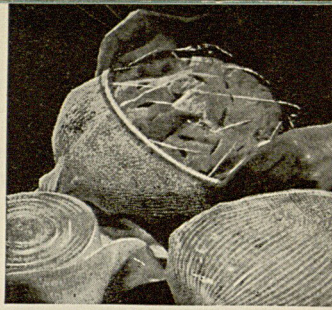
Cakes. Such cakes as angel food, sunshine, sponge, butter cakes and spice cakes can be frozen and stored very successfully. Bake according to your regular recipe, remembering that cakes prepared with a vegetable shortening will keep longer than those with an animal shortening.

Cakes may be stored either frosted or unfrosted. If frosted, use a butter frosting which will harden in freezing; don't use the "7 minute" or boiled icing which remains sticky. After cooling harden frosting in freezer before wrapping, then pack frosted cakes in ample size cartons and overwrap with cellophane or any other freezer wrapping. Thaw at room temperature *unwrapped.*

Cup Cakes or tea cakes are baked completely, including frosting and decorations, and frozen. Harden the frosting in the refrigerator or freezer before packaging. Pack in wax lined carton or in a regular carton lined with a sheet of cellophane, or any other freezer wrapping, overwrap and seal. Thaw in package at room temperature for 15 to 20 minutes before serving.

Cookies and Doughnuts may be frozen and stored, baked or unbaked. When baked, pack in wax lined cartons or freezer bag and heat-seal. Don't store fried doughnuts more than 1 to 2 weeks as the fat used in frying tends to become rancid. Thaw 15 to 20 minutes at room temperature or heat in oven before serving.

Unbaked dough may be packed and sealed in a wax lined carton. If rolled and cut, cellophane sheets should be placed between layers of cookies or doughnuts to prevent their freezing together. Thaw to room temperature and bake same as freshly made dough.



PIES

It is just as easy to make five or six pies at one time as it is to make one or two. All kinds of fresh fruit pies may be frozen, as well as pumpkin, squash, mince, lemon, chocolate chiffon, and meat pies.

Either plain pastry crust or graham cracker crust may be used.

Fruit and berry pies may be frozen baked or unbaked. Pies baked before freezing have less tendency to be soggy. The best method for defrosting is to place the frozen baked pie in the oven at 400° for 20 minutes.

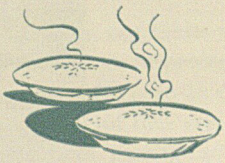
Unbaked pies are baked at the recommended temperature for type of pie, allowing about 10 minutes extra for thawing. Do not thaw before baking.

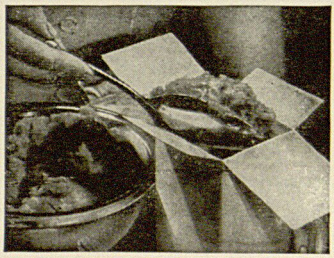
To prevent a soggy bottom crust in an unbaked pie, spread the bottom of the pan with a mixture made of one part flour and two parts shortening or lard, then place bottom crust in pan and brush it with melted fat before adding filling. Do not make an incision in top crust when freezing unbaked pies.

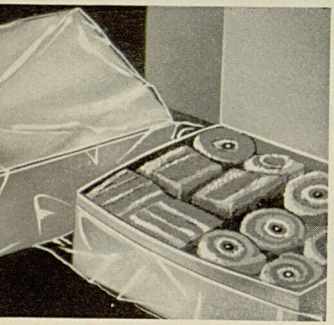
Both baked and unbaked pies freeze faster if frozen unwrapped and are easier to wrap. When frozen, wrap in any recommended packaging material.

Pumpkin, squash and sweet potato pie mixes are often frozen in containers. Allow 1 pt. for an 8 inch pie. To use, partially defrost in container, pour into pie shell and bake.

Meringue toppings on pies shrink, toughen, separate and cling to the packaging material. When meringue is desired, add and brown before serving.



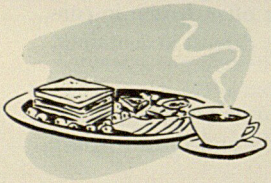




LUNCHEON SANDWICHES AND HORS D'OEUVRES

With your Philco Freezer, no unexpected guest need find you unprepared and there need be no last minute rush in making party sandwiches. At your leisure, you can make a supply of hors d'oeuvres and sandwiches. Use fish, cheese, grated egg yolk, liver and ham spreads and the sandwiches may be rolled, sliced, open faced, checkerboard, dainty tea snacks or he-man sandwiches. (Don't use lettuce.) You'll find that frozen sandwiches retain their freshness and don't become damp or dry. Always butter both pieces of bread for frozen sandwiches, so filling will not soak into bread.

To pack, arrange sandwiches on a piece of cardboard covered with cellophane or foil; then overwrap. Or, place one or two larger sandwiches in a freezer bag and seal; pack several bags in a carton.



COOKED FOODS AND LEFTOVERS

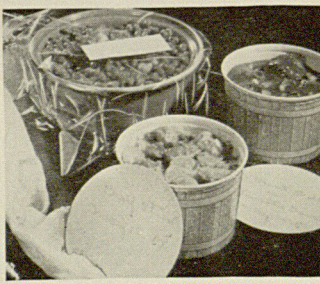
Most standard cooked dishes are fully suited to frozen storage. You will want to try your own favorite recipes, remembering only to use foods which are adapted to freezing. When doing your regular cooking, just prepare a larger quantity, using part for the day's meal and freezing the rest. It is well to season foods somewhat more highly for freezing since the seasoning becomes milder in storage. But, remember to hold down on salt as it tends to develop off-flavors; salt can be added when serving. If the foods you cook contain fat, the storage time in your freezer should not be too long, usually not over two months.

Beef Stew and other dishes combining meat and vegetables turn out better if the vegetables are cooked separately and added to the meat and gravy before packaging. Vegetables should be slightly underdone to avoid their becoming mushy upon reheating. Potatoes may be included but it is preferable to add freshly cooked potatoes when the stew is thawed and reheated for serving.

Baked Beans, prepared from your favorite recipe, freeze very well. When serving, simply thaw at room temperature or in the oven and heat to your taste.

Spaghetti and Meat Balls can be prepared ready to serve and frozen. Since spaghetti takes such a short time to cook, it is better to freeze only the meat balls and sauce and add it to the spaghetti when served.

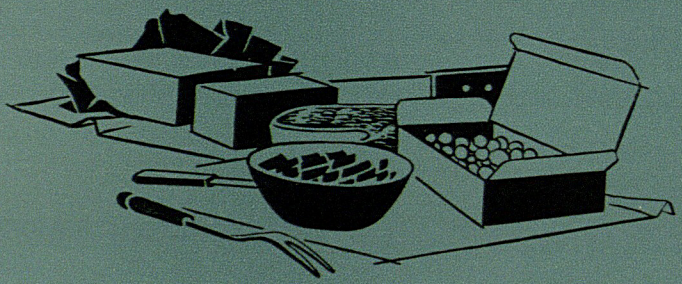
Package all cooked foods after they are completely cooled, in cartons or wrappings, being careful to seal thoroughly and label fully.

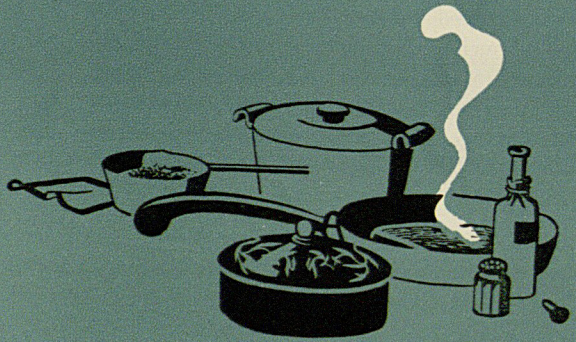


Leftovers. Your Philco Freezer is the means of sparing your family the monotony of eating from a large ham or roast for several days in succession. After the first meal, it can be properly wrapped and sealed and, after several days or as much as two weeks, it can be thawed, reheated in a moderate oven and served again like freshly prepared meat. The leftover holiday turkey can be prepared into many delicious dishes such as turkey a la king, minced sandwich filling and turkey soup.

Baby Foods. When vegetables and fruits are being prepared for freezing, an extra supply can be processed especially for the baby and packed in small containers. Prepare as described in chapters on freezing vegetables and fruits except that vegetables can be fully cooked and forced through a sieve. Cool, package and freeze.

How to THAW and COOK Frozen Foods from your PHILCO FREEZER





COOKING FROZEN VEGETABLES

Use a saucepan with tight fitting cover. Use about ¼ cup of water or enough to cover bottom of pan ⅛ to ¼ inch deep; or use 2 or 3 tablespoons butter and no water. Add frozen vegetable and seasoning. No need to thaw. Cook until tender.

FRUITS

In general, frozen fruits are better if they are served partially, but not completely, thawed. For pies and cobblers, only enough thawing for handling in preparation is necessary.

THAWING FRUITS

Fruits and berries should be thawed without opening or removing from their containers. Inverting leak-proof containers while thawing gives a more uniform color. Use immediately after removal from container, to avoid loss of flavor and color.

COOKING FRUITS

Frozen fruits and berries can be used for all recipes in which the fresh product is regularly used, making allowance for the sweetening which was added in preparation for freezing.

MEATS

Whether meats are solidly frozen, partially or completely thawed before cooking or roasting seems to make no difference in their flavor or texture.

Place frozen roasts in the oven at 275° to 300° F. until meat thaws sufficiently to insert a meat thermometer, then roast.

Steaks, chops and patties may also be broiled from the solidly frozen state.

POULTRY

Birds should not be stuffed before freezing; otherwise spoilage caused by bacterial contamination may result. Birds should be filled just before they are cooked.

Fryers must be thawed enough for separation.

Broilers need not be thawed for broiling.

FISH

Fish for baking or broiling does not require thawing. If fish is to be dredged with flour for frying it must be thawed sufficiently for flour to cling to it. Since fish deteriorates rapidly, thaw it in the refrigerator in original wrapping. *Cook frozen fish immediately after thawing.*

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